



Pil Sung Taekwondo

10 New Karner Rd (Karner Plaza), Guilderland, NY 12084
 Schedule Effective: June 1, 2025
 All upcoming events: www.pilsungtkd.com

GUILDERLAND

Martial Arts Classes

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Youth Inter. & Advanced (Green thru Black) 4:30p to 5:15p	Youth Inter. & Advanced (Green thru Black) 4:30p to 5:15p	Youth Beginner (White & Yellow) 4:30p to 5:15p	Youth Beginner (White & Yellow) 4:30p to 5:15p	By private appt	Little Dragons (3yo & 4yo) 9:00a to 9:30a
Youth Beginner (White & Yellow) 5:15p to 6:00p	Youth Beginner (White & Yellow) 5:15p to 6:00p	Youth Inter. & Advanced (Green thru Black) 5:15p to 6:00p	Youth Inter. & Advanced (Green thru Black) 5:15p to 6:00p		All Beginner (White & Yellow) 9:30a to 10:15a
Little Dragons (3yo & 4yo) 6:00p to 6:30p		Little Dragons (3yo & 4yo) 6:00p to 6:30p	Little Dragons (3yo & 4yo) 6:00p to 6:30p	Special Classes Announced Monthly	All Intermediate (Green & Blue) 10:15 to 11:00
Family All Ranks All Ages (5yo & up) 6:30p to 7:15p	ALL Advanced (Red & Black) 6:15p to 7:15	Family All Ranks All Ages (5yo & up) 6:30p to 7:15p	Family All Ranks All Ages (5yo & up) 6:30p to 7:15p		All Advanced (Red & Black) 11:00a to 12:00p
Teen & Adult Only (All ranks) 7:15p to 8:00p	Family All Ranks All Ages (5yo & up) 7:15p to 8:00p	BLACK BELTS & Instructors 7:30p to 8:30p	Teen & Adult Only (All ranks) 7:15p to 8:00p		

Specialty & Club Programs (Included w. Black Belt Club)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Hanmadang 6:00 to 6:30		Forms Team 6:00 to 6:30	Weapons 6:00 to 6:30		Club Sparring Noon to 1:00p

Cardio FIT Kickboxing

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Cardio FIT 7:15p to 8:00p			Cardio FIT 7:15p to 8:00p		

Travel Team - High Performance Sparring

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				TRAVEL Sparring 5:30p to 7:00p	TRAVEL Sparring 10:30a to 12:00p
				TRAVEL Forms 5:30p to 7:00p	TRAVEL Forms 8:00a to 9:00a